



## Cake with wine and olive oil

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



286 kcal

DESSERT

### Ingredients

- 200 g cake flour
- 1 yeast instant
- 1 pinch salt
- 150 g sugar
- 3 eggs
- 1 egg yolk
- 100 ml wine sweet
- 100 ml olive oil

- 100 g powdered sugar
- 150 ml juice of lemon

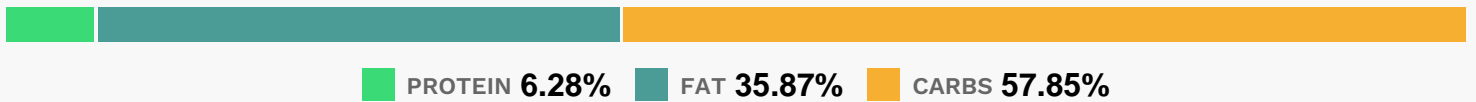
## Equipment

- bowl
- baking paper
- oven
- hand mixer

## Directions

- Mix flour, yeast and salt.
- In another bowl, beat with a hand mixer sugar, eggs and a yolk for 3–4 minutes until pale yellow and foamy.
- Gradually stir in wine and olive.
- Add the flour with yeast, mix and combine until smooth.
- Grease a small baking tin and cover with parchment paper.
- Pour the cake batter and bake in the oven at 180C for 40 minutes.
- Meanwhile, mix powdered sugar with lemon juice, and stir until the sugar has completely dissolved.
- When done, leave the cake to cool a little, pour the syrup over it, cut into squares and serve.

## Nutrition Facts



## Properties

Glycemic Index:15.21, Glycemic Load:19.91, Inflammation Score:-1, Nutrition Score:4.3904347826087%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg

Hesperetin: 2.28mg, Hesperetin: 2.28mg, Hesperetin: 2.28mg, Hesperetin: 2.28mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## **Nutrients (% of daily need)**

Calories: 286.28kcal (14.31%), Fat: 11.29g (17.36%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 40.4g (14.69%), Sugar: 25.36g (28.18%), Cholesterol: 68.54mg (22.85%), Sodium: 25.13mg (1.09%), Alcohol: 1.04g (5.8%), Protein: 4.45g (8.89%), Selenium: 13.18µg (18.83%), Vitamin E: 1.6mg (10.69%), Manganese: 0.18mg (8.91%), Vitamin C: 5.99mg (7.26%), Phosphorus: 56.26mg (5.63%), Vitamin B2: 0.09mg (5.55%), Vitamin K: 5.65µg (5.38%), Folate: 20.97µg (5.24%), Vitamin B5: 0.38mg (3.82%), Iron: 0.57mg (3.15%), Zinc: 0.41mg (2.75%), Vitamin B1: 0.04mg (2.64%), Copper: 0.05mg (2.62%), Vitamin B12: 0.15µg (2.54%), Vitamin B6: 0.05mg (2.49%), Vitamin D: 0.36µg (2.41%), Fiber: 0.55g (2.21%), Magnesium: 8.67mg (2.17%), Vitamin A: 98.56IU (1.97%), Potassium: 64.86mg (1.85%), Calcium: 14.93mg (1.49%), Vitamin B3: 0.28mg (1.38%)